

# DROP 10 TODAY

## 15 Healthy Snacks

Select 1-2 snacks each day



6 oz. Greek yogurt  
+ 1/2 cup berries



1/2 cup pumpkin  
seeds (in shell)



Apple + 1 tbsp.  
nut butter



String cheese +  
orange



1/2 cup sunflower  
seeds (in shell)



Skim latte (skip  
sugar) + banana



1/4 cup hummus  
+ veggies



Celery sticks + 2  
tbsp. nut butter



4 cups light  
popcorn



1/4 cup (about a  
handful) nuts



1/2 cup pistachios  
(in shell)



3 oz. turkey rolled  
around bell  
pepper sticks



1 cup steamed  
edamame (in pod)



Small frozen  
yogurt



2 rice cakes + 1  
tbsp. nut butter